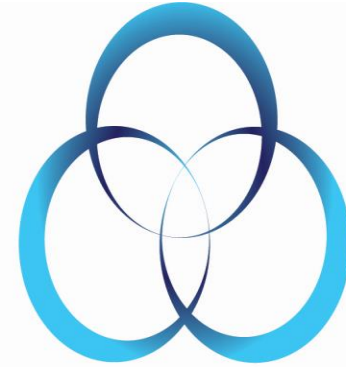


# Hope Rising



## Hope Centered and Trauma Informed®

Dr. Chan Hellman



Chan M. Hellman, PhD and Angela B. Pharris, PhD



# What is Hope?

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Hope is the **belief** that your future will be better than today, and **you** have the power to make it so.



# The Simplicity of Hope

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Goal setting is the cornerstone of hope.

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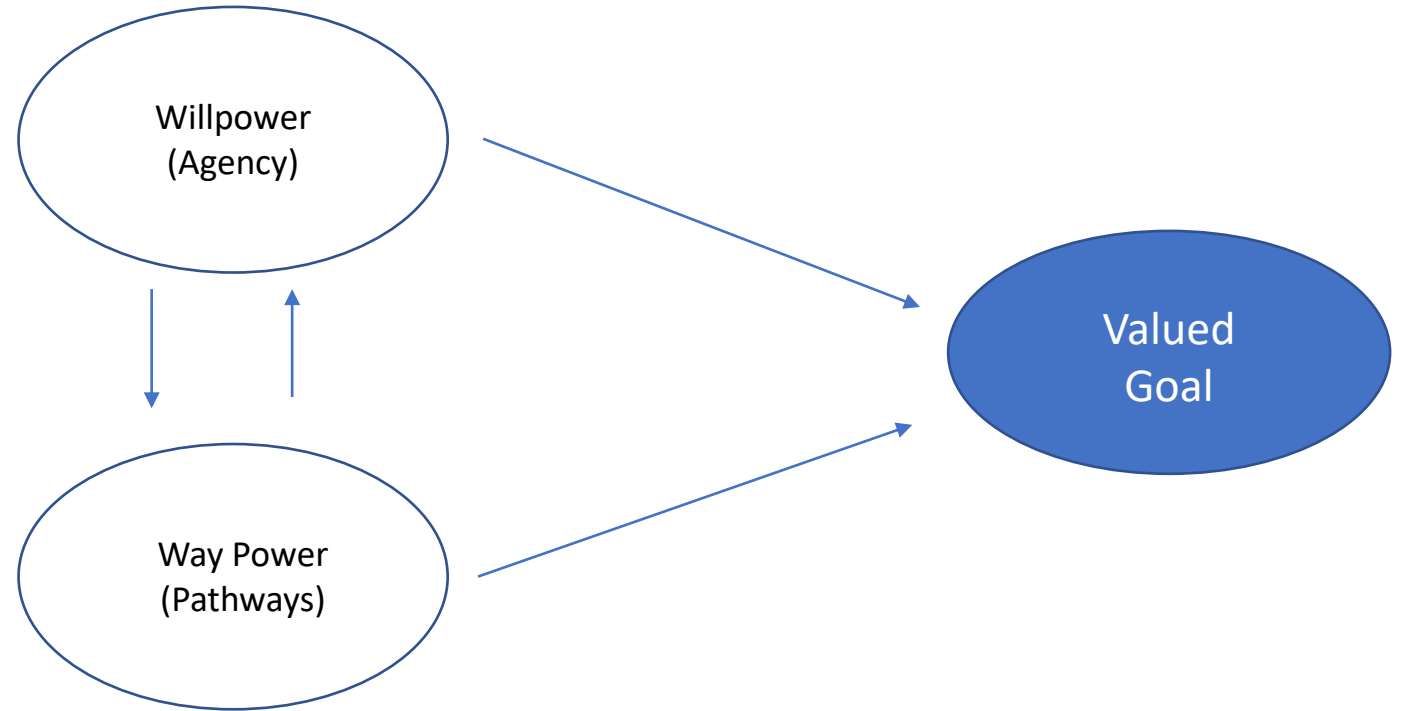
**Pathways** refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

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**Agency** (Willpower) is the ability to sustain motivation to move along these pathways.



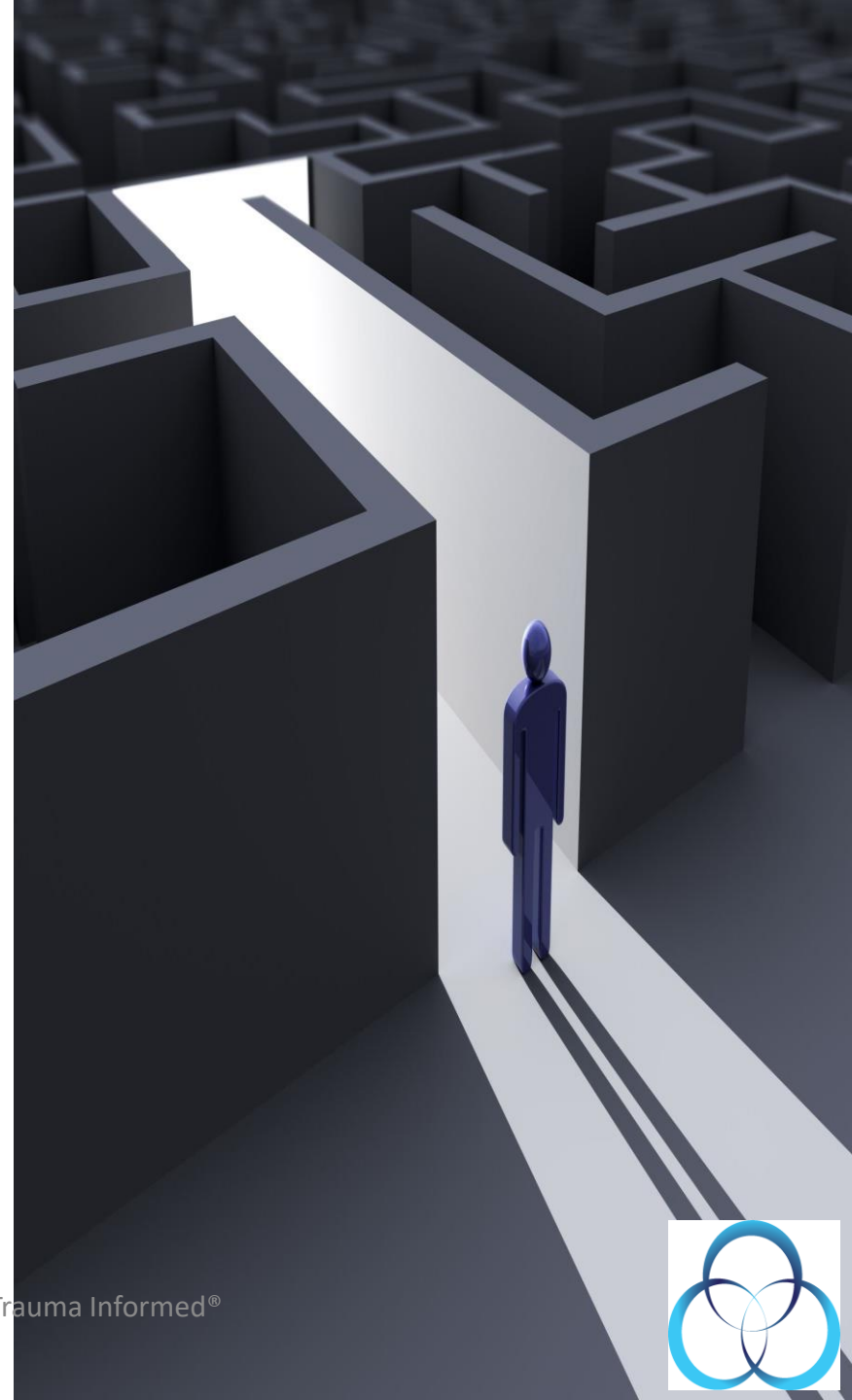
# Tenets of Hope



...agency without pathways is a wish!

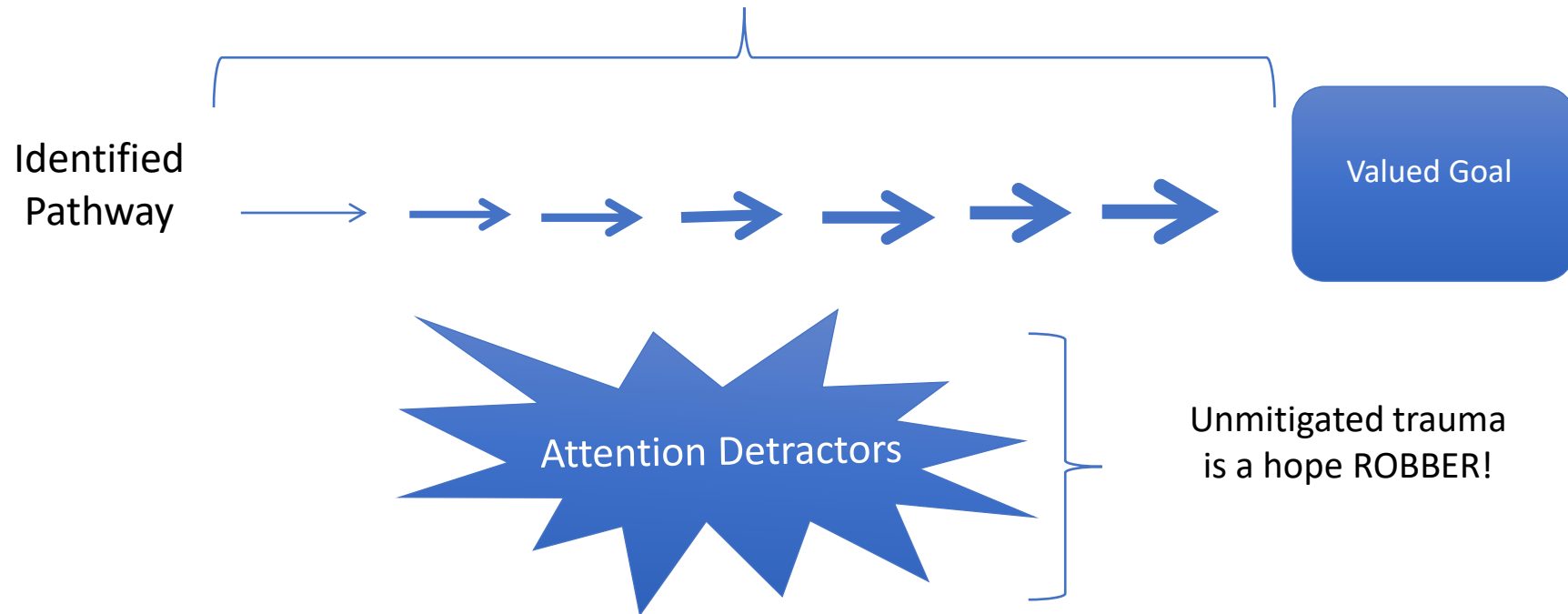
# How Adversity/Trauma Influence Hope

- Adversity Influences The Nature of Our Goals.
  - Avoidant or Achievement Mindset
  - Short-Term and Long-Term
- Pathways Are The Strategies or Roadmaps We Identify To Pursue Goals.
  - Ability to consider barriers and problem solve
  - Ability to identify multiple pathways to goals
- Willpower Is The Mental Energy We Can Focus On Pathway Pursuits.
  - Willpower is a potentially limited resource
  - Importance of nutrition



# The Experience of Hope

How well can you manage your willpower?



HOPE  
CENTERED AND  
TRAUMA  
INFORMED®





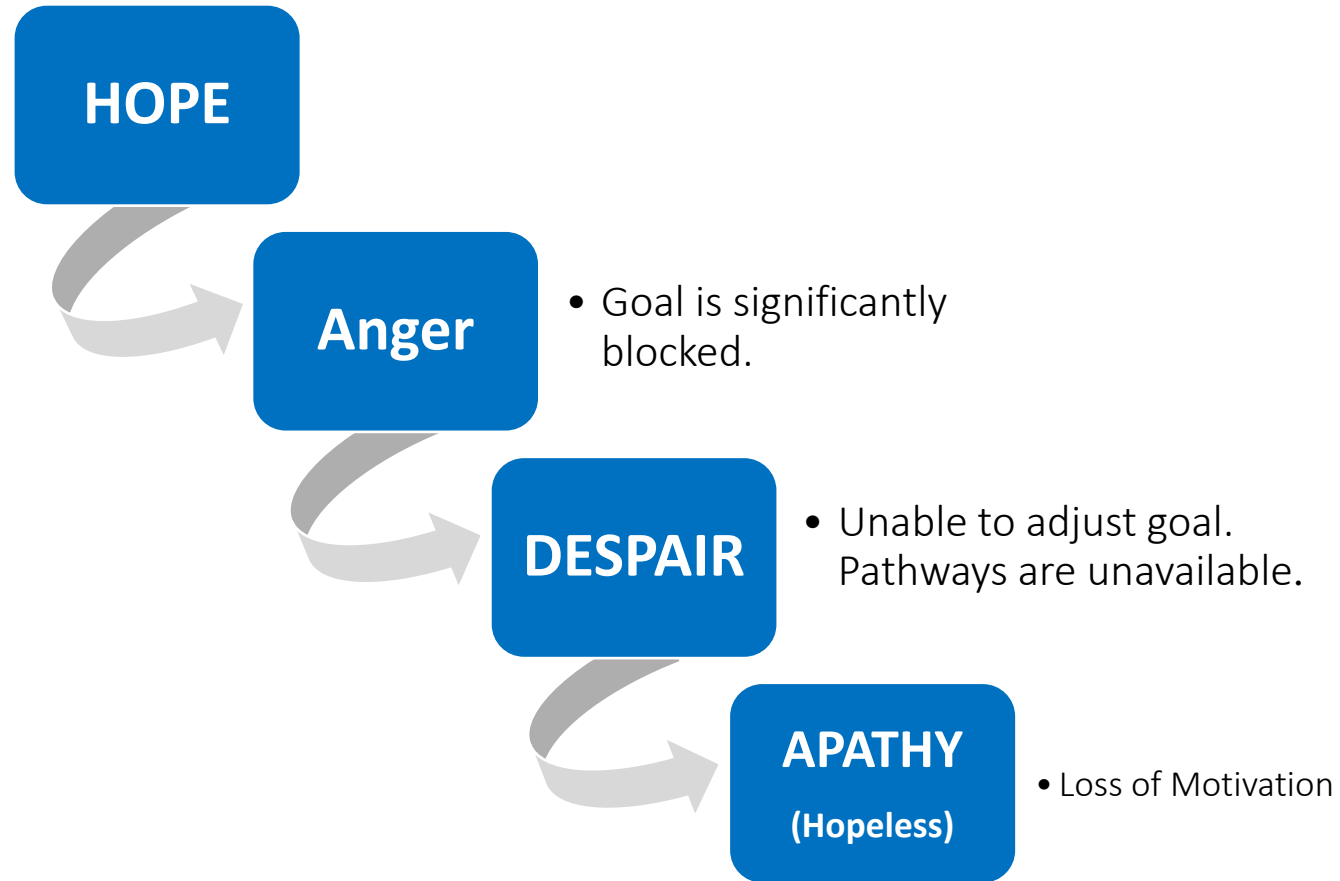


What is the opposite  
of hope?

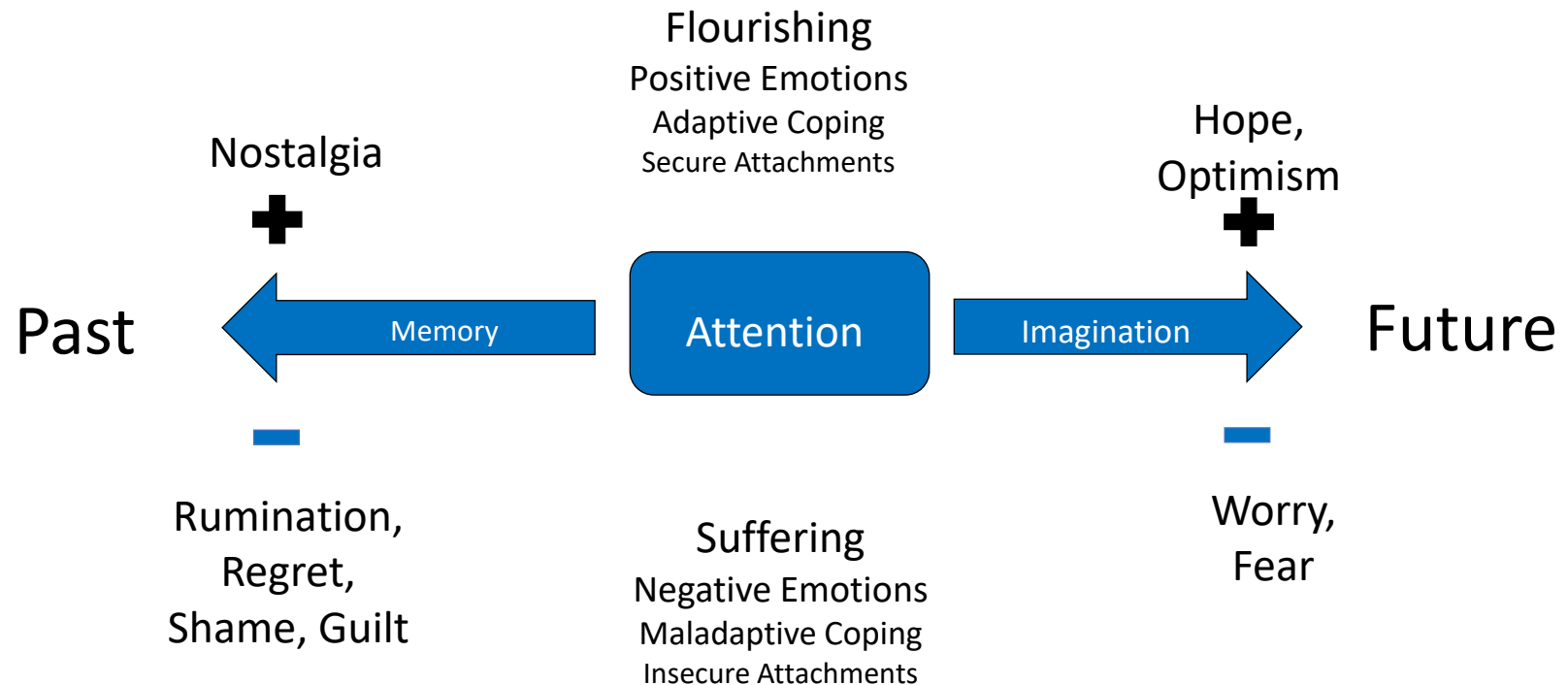




# THE LOSS OF HOPE IS A PROCESS



# Where Do You Focus Your Attention (Willpower)?



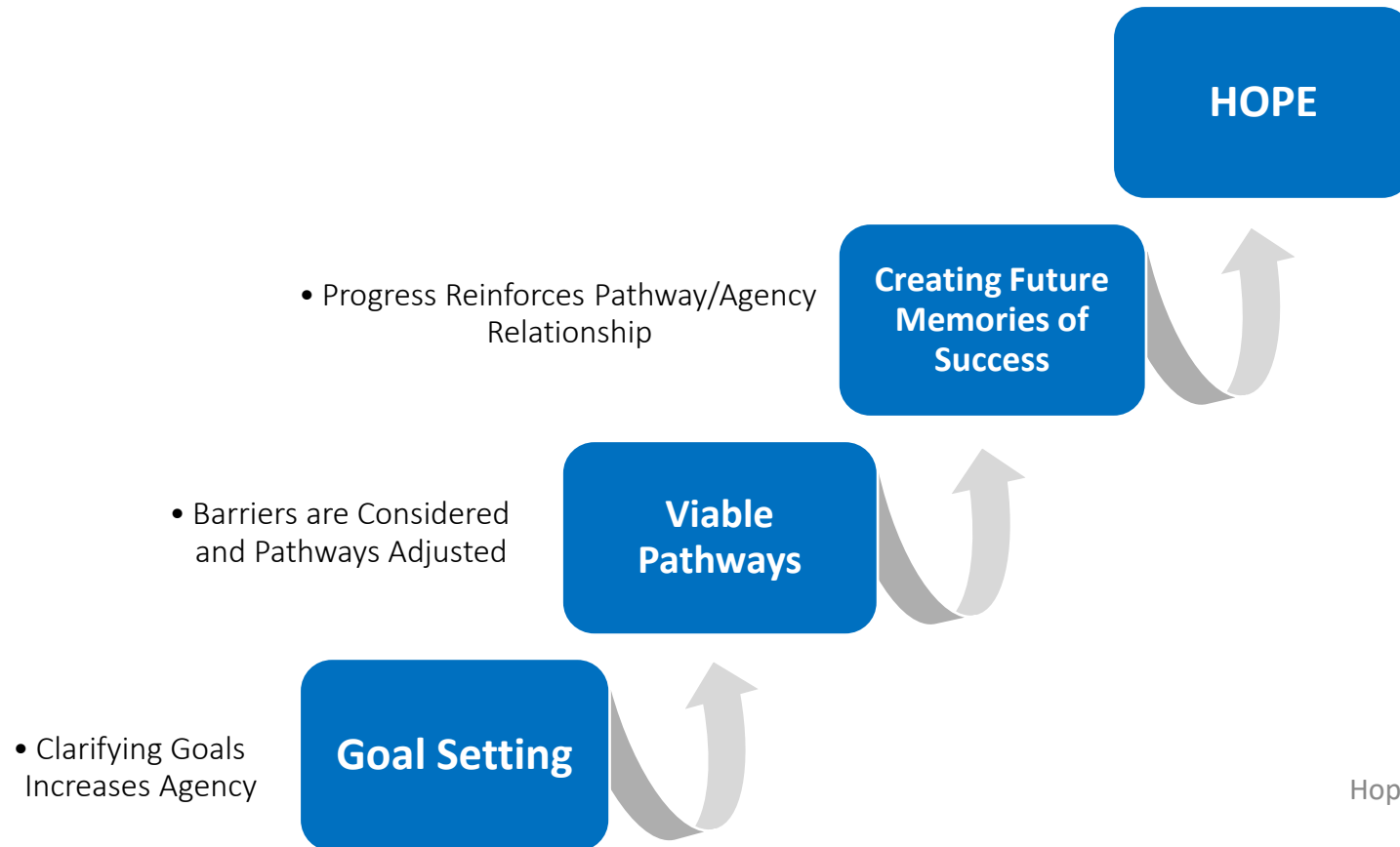
HOPE CAN BE TAUGHT!



HOPE

HERE  
AND  
NOW

# NURTURING HOPE IN CHILDREN AND ADULTS



# Hope and High ACE Yough

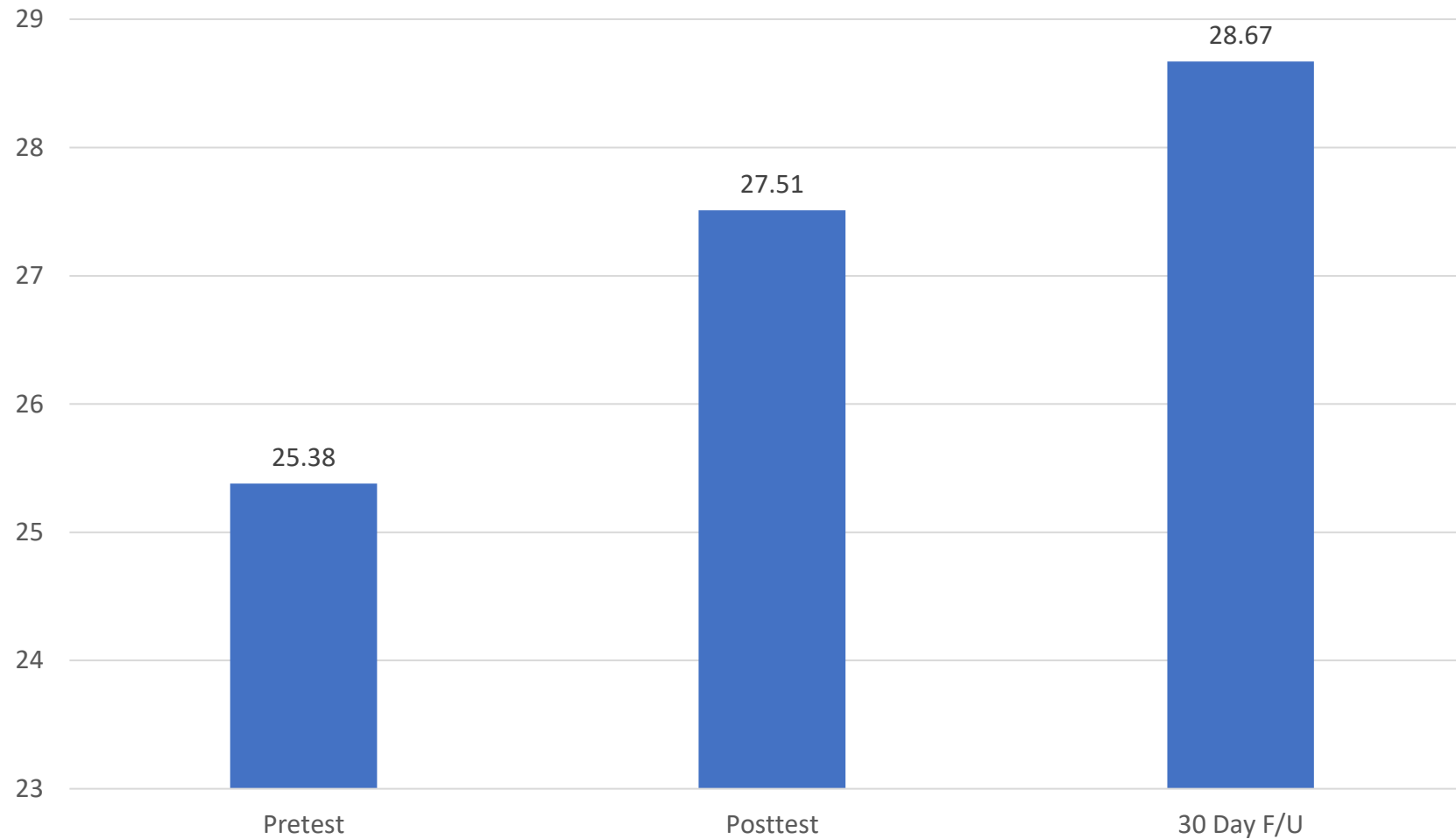
## Prevalence of Adverse Event by Type

	Percent		Percent
<b>Abuse:</b>		<b>Dysfunctional Family</b>	
Verbal	49.8	Witness Domestic Violence	77.9
Physical	38.6	Parent Divorce	41.2
Sexual	20.3	Substance Abuse	42.5
<b>Neglect:</b>		<b>Mental Illness</b>	38.5
Emotional	47.1	Parent Incarceration	44.7
Physical	17.9		



# THE POWER OF HOPE

## Changes In Hope Among High ACE Children



# Strategies To Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help develop personally relevant goals.
Pathways	List and discuss potential pathways toward goal achievement.
Willpower	Identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.





# Hope Is A Social Gift!



# Creating a Hope Centered Community

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At the heart of change is our ability to understand the way things are right now in our lives,

And that we can begin to imagine the way things could be.

That is where **Hope will Rise!**